



Friendship Heights

VILLAGE NEWS



JANUARY 2020

VOLUME 36, NO. 1

www.friendshipheightsmd.gov

301-656-2797

**Writing your memories,
see page 4.**

Explore the National Aquarium and savor lunch in Little Italy

With Upland Tropical Rain Forest, a multiple-story Atlantic Coral Reef, an open ocean shark tank, and Australia: Wild Extremes, the National Aquarium in Baltimore has been touted as “one of the best aquariums in the country.” Join us as we travel to this national treasure on **Monday, Jan. 27.**

We'll depart from the Village Center at 9 a.m. and should return by 3 p.m.

The aquarium features a number of exhibits, which allow



an up-close view of exotic wildlife in the air and under the sea. Walk through the doughnut-shaped coral reef and spot dozens of sharks, rays and other creatures. In Animal Planet Australia, wander past pythons, parrots, barramundi and kookaburras. The Blacktip Reef offers a sensational scene of an Indo-Pacific underwater habitat. The Upland Tropical Rain Forest includes rare plants and animals. Bullfrogs, diamondback terrapins

Continued on page 5, see Aquarium

An extraordinary partnership

Learn about the extraordinary partnership between two of history's greatest leaders when Nick Glakas presents “The Partnership that Saved the World” on **Thursday, Jan. 30, at 7 p.m., at the Village Center.**

This partnership and epic friendship between Franklin Delano Roosevelt and Winston Churchill played out over the course of nine meetings totaling 113 days during a six-year period from September 1939 until FDR's death in April 1945.

Their meeting took them around the world—from Hyde Park to Québec, from Cairo to Casablanca, from Marrakesh to Tehran, from Malta to Yalta—no easy task for one of them who was paralyzed below the waist, nor for the other whose age, health and work habits were of constant



concern to his family, friends and doctors.

Nick Glakas is an international lawyer who has lectured at Cambridge, Georgetown and George Washington universities, and aboard cruise ships around the world.

The lecture is free, but please call the Village Center at 301-656-2797 if you plan to attend.

A spot of tea and Downton Abbey

Reunite with the Crawleys and their intrepid staff as they prepare for the most important moment of their lives — a royal visit from the king and queen of England.

Join us as we host a tea and screening of the “Downton Abbey” movie on **Saturday, Jan. 11, at 9:30 a.m., at the Village Center.**

The critically acclaimed worldwide phenomenon continues with the visit that soon unleashes scandal, romance and intrigue—leaving the future of Downton hanging in the balance.

Tea will be served at 9:30, with the movie beginning promptly at 10 a.m.

The event is free, but please call the Village Center at 301-656-2797 if you plan to attend.

Glaucoma expert headlines free screening day, see page 13.



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MC Renters Alliance head to address rental issues

Montgomery County Renters Alliance Executive Director Matthew Losack will discuss rental issues during a talk on **Monday, Feb. 10, from 3 to 4 p.m.**, at the Village Center. Losack will also address price control, pending legislative proposals and the question of renting vs. buying a condominium—a concern when transitioning to retirement and aging.

This event is presented by the Friendship Heights Village Council in collaboration with the Friendship Heights Neighbors Network. The event is free. Please call the Village Center at 301-656-2797 to let us know if you plan to attend.



Friendship Heights **VILLAGE NEWS**

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights.

ADVERTISING

The deadline for reserving space in the February issue is January 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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VILLAGE MANAGER
Julian P. Mansfield

Village Council Update

Giant grocery store to close at Chevy Chase Center in early January; new grocery store will open later in 2020

The Chevy Chase Land Company has informed the Village that the Giant at the Chevy Chase Center will be closing in early January. This was a business decision between the Land Company and Giant Foods.



The Land Company also reported that it has signed a lease for a full-service grocery store to occupy the same space. The new store is expected to open at the end of 2020 after making improvements to the space. The lease agreement contains a non-disclosure provision that does not allow the Land Company to identify the new grocery store until the new grocer permits.

An agreement between the Village and the Land Company requires the Land Company to have a continuously operating store on the site. In the event a store is not in operation for a period of 90 days or more, the agreement requires the Land Company to provide or subsidize shuttle bus transportation to the nearest comparable grocery store. The Land Company's position is that the Whole Foods on Willard is the nearest comparable grocery store, which is already being served by the Village shuttle bus.



There is no obligation in the agreement to provide a pharmacy at the Chevy Chase Center site in addition to the grocery store. There are, however, three pharmacies within close proximity to the Giant:

- Brookville Pharmacy in the Barlow Building, 5454 Wisconsin Ave., 301-718-0900 (delivery available);
- CVS Pharmacy in the Chevy Chase Pavilion, 5335 Wisconsin Ave., NW, 202-244-0575.
- Friendship Pharmacy in the Chevy Chase Building, 5530 Wisconsin Ave., 301-657-3050 (delivery available).

This is all the information we have at this time. The Village will be in continued discussions with the Land Company as this situation progresses.

Update on HAWK signal installation

As we reported in last month's newsletter, Montgomery County has installed HAWK (high-intensity activated crosswalk) signals at the intersection of Willard Avenue and The Hills Plaza. The County is currently working with Pepco to get the power installed. County officials were anticipating activating the signal in December, but are now estimating that it will on by the end of January.

Council votes for grass in parking strips

The Council has been exploring options for refurbishing the grass strips between the sidewalk and curb throughout the Village. Last October, following a recommendation from our landscape maintenance contractor, we had a sample area of liriope planted in parking strips on North Park Avenue and on Friendship Boulevard, both adjacent to The



Willoughby. The Council requested a few more options for groundcover, but voted at the December 9 Council meeting to keep using grass in the parking strips and replenish as needed. This will be done in the spring.

Other action taken at the December 9 Council meeting:

- Appointed Catherine Cameron to serve on the Village Program Advisory Committee.

The next Council meeting, open to the public, will be Monday, January 13, 2020, at 7:30 p.m. at the Village Center.

A sample of Chinese classes in celebration of the new year

Learn the world's most spoken language in a fun and engaging environment on **Saturday, Feb. 1, from 10 a.m. to 12 p.m.**

Capitol Mandarin, a division of Manhattan Mandarin which offers a wide range of Chinese classes, will host a free demonstration of children's Chinese language and programming. Join us for a fun morning of immersive learning and celebrate the Year of the Rat.

This free session will be a preview of potential upcoming weekend children's classes.

Learning Mandarin Chinese, often referred to as one of the world's most difficult languages, doesn't have to be tedious or hard. Capitol Mandarin specializes in teaching students of all ages through upbeat and effective techniques. Games, activities and immersive lessons are incorporated into the language classes.

The schedule is as follows:

10 to 10:20 a.m.: Mommy and Me class highlights: features a sing-along, and game in Mandarin Chinese followed by storytime read bilingually.

10:30 to 10:50 a.m.: Kids Mandarin (ages 5 to 8): begins with an active warm-up followed by a vocabulary lesson and an immersive game.

11 to 11:20 a.m.: Chinese New Year activity for all ages: features a reading of the folklore behind the Chinese New Year and a short arts and crafts project celebrating the Year of the Rat.

11:30 to 11:50 a.m.: Kids Mandarin (ages 8 to 10): starts with an active warm-up, followed by learning how to introduce yourself and finishes with a game.

11:45 a.m. to 12 p.m.: Adult Mandarin Q&A: Adults are welcome to join for refreshments and a discussion about the benefits of learning Mandarin as an adult.

The event is free, but please RSVP at 301-656-2797 to let us know which sessions you plan to attend.

Writing your life stories

Share important life experiences through your writing with our new memoir writing class. Whether you are a lifelong writer or a beginner, this new class "Writing Life Stories"

will teach you to write a meaningful, interesting memoir. Instructor Barbara Rosenblatt uses childhood memories, interviewing techniques, exploration of varied writing, in-class prompts, and discussion for this class at the Village Center.

This 10-week course will be held Thursdays, from 7 to 8:30 p.m., beginning Jan. 9 and ending March 12.

The cost is \$165 for residents and \$180 for nonresidents.

Sign up at the Village Center.



The Village Book Club will meet on **Tuesday, Jan. 21, at 11 a.m.** The book selection is "The Rosie Project" by Graeme Simsion. Look for a copy in the Center Reading Room in the "Village Book Club Selections" bookcase.

Looking ahead: The February book selection will be "Eleanor Oliphant is Completely Fine" by Gail Honeyman.

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Early Morning Hours

ON THE GO

Aquarium, Continued from page 1



and striped bass are just some of the animals that show the diversity of Maryland's aquatic life. There's also a North Atlantic to the Pacific exhibit with playful puffins and the only black guillemots in the country. And, you'll be amazed by the unique adaptations some animals take on to survive.

Following our visit to the aquarium, we'll take a short ride to Baltimore's Little Italy for lunch at Chiapparelli's, a third-generation Italian restaurant known for timeless dishes and a wonderful family atmosphere. Our Italian luncheon, served family-style, begins with the restaurant's famous Chip's salad and homemade bread, followed by a choice of baked penne, tortellini Alfredo, or chicken parmesan. Dessert will be chef's choice. Coffee, tea or iced tea are also included.



The cost of the trip, which includes round-trip transportation, admission to the aquarium, lunch at Chiapparelli's, and all taxes and gratuities, is \$112. Sign up immediately at the Village Center. **Space is limited.**

A Note from the Program Director

As a courtesy to our speakers, authors and performers—

- Turn off cell phones.
- Do not take food or drink into the auditorium.
- Arrive on time for all events.
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.

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PLAYING on the BIG SCREEN

All movies begin at 7 p.m. Enjoy free popcorn during the movies.

Please note that PG-13 and R-rated movies may contain sexual situations, violence and/or offensive language.

Thursday, Jan. 2, 7 p.m. —Movie—

“Abominable”—A teenage girl discovers a young yeti hiding on her apartment rooftop in this computer-animated adventure film set in Shanghai. Yi lives with her mother and grandmother and misses her late father terribly. They both shared a love for playing the violin. When she is able to gain the yeti’s trust, Yi learns that he was kidnapped from his family on Mount Everest. She christens him “Everest,” and, with her two best friends, decides to lead him back home. The conflict in this charming, family-friendly tale is that a wealthy businessman and a zoologist are also tracking the yeti and have no interest in him being reunited with his family. The trek takes Everest and the children all over China until they reach the Himalayas, with the counter forces hot on their trail. There is a twist in the film, with one of the bad guys turning out to have a soft spot for the yeti. The main characters are voiced by Chloe Bennet, Sarah Paulson, and Eddie Izzard. Rotten Tomatoes gave the film a rating of 81%. Rated PG. Running Time: 97 minutes.



and the sheer pizzazz of this legendary performer. Rotten Tomatoes awarded the movie a score of 81%. Rated PG-13. Running Time: 118 minutes.

Thursday, Jan. 16, 7 p.m. —Movie— “Ad Astra”

Astronaut Roy McBride travels to the outer edges of the solar system to find his father, an astronaut who went missing 30 years ago on a mission to Neptune. Fearless McBride tries to unravel the mystery of his father’s doomed expedition, which is threatening our planet’s survival. His visually thrilling journey begins on earth, but then rockets to the dark side of the moon. McBride is alone in space, as he uncovers secrets that challenge the nature of human existence and our own place in the cosmos. This sci-fi/mystery/adventure story is grounded in the bond between father and son, and a longing for answers, both technical and existential. James Gray directs the all-star cast, including Brad Pitt, Donald Sutherland, Tommy Lee Jones, Liv Tyler, and Ruth Negga. Gray and his cinematographer built on work by NASA to create a cosmos both familiar and mysterious. The title, Ad Astra, means “to the stars” in Latin. Stars Brad Pitt and Tommy Lee Jones. Rotten Tomatoes awarded the film a score of 84%. Rated: PG-13. Running Time: 124 minutes.

Thursday, Jan. 9, 7 p.m. —Movie— “Judy”

Judy Garland is down but not completely out when she arrives in London for a five-week sold-out run at Talk of the Town in 1968. It has been 30 years since her star turn as Dorothy in the Wizard of Oz. The decades have not been kind to the iconic performer, filled with failed marriages, pharmaceuticals, and financial difficulties. Renée Zellweger gives her own star turn in this biopic about a lesser known period in Judy Garland’s life. Critics have roundly praised Zellweger’s portrayal as passionate, charming, and vulnerable. This dire story is a caution-



ary tale about a child star that was ill used by so many in the entertainment business, leading to one heartbreak after another. Featuring some of Garland’s best loved songs, the film celebrates her dazzling voice, capacity for love,

Thursday, Jan. 23, 7 p.m. —Movie— “Ophelia”— As a motherless girl, Ophelia is taken into the royal kingdom of Elsinore. In time, Ophelia becomes the most trusted lady-in-waiting to Denmark’s Queen Gertrude. When Crown Prince Hamlet returns to the kingdom, he and Ophelia begin an intense, but secretive love affair. Their relationship is threatened when the king is murdered and Hamlet is bent on avenging his father’s death. Ophelia is greatly affected by the upheaval, which plunges the kingdom into darkness, fear, and deceit. Ophelia tells the story of Shakespeare’s Hamlet from her own perspective. Daisy Ridley received much acclaim for her performance in the title role. The cast also includes Naomi Watts as Queen Gertrude, Clive Owen as Claudius, and George McKay as Hamlet. Rotten Tomatoes awarded the film a score of 59%. Rated: PG-13. Running Time: 114 minutes.

Thursday, Jan. 30, 7 p.m.—Lecture: FDR and Churchill, see page 1 for details.

ART and CULTURE

Photography featured in Friendship Gallery in January



"Walking Statue" by Zahra Ahmed

January's exhibit in the Friendship Gallery is curated by Llewellyn Berry and highlights the work of his adult and child students. "Despite often human-made obstacles, students featured here have refined their intent and focused on seeing the world in a different light, and it is this light that is the key to their visual pursuit and accomplishments to date," said Berry.

Meet the artists at a reception on **Sunday, Jan. 12, from 11:30 a.m. to 1 p.m.**

Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



"Autumn Leaves" by Alexander Harris

May the New Year bring new happiness, goals, achievements and a lot of new inspirations on your life. Wishing you a fully loaded year of loved, joy, peace, good health and time to enjoy it all!



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Dr. Shabnam Shahabadi

I am a board-certified dermatologist and practice in General Dermatology, Pediatrics and Cosmetic Dermatology.



Dr. Adeline Coleman

I am a board-certified in Obstetrics & Gynecology. I will be focusing on minimally invasive surgery and office gynecology with some nutrition, wellness & aesthetics.



Dr. Nicole Farmer

I am board-certified in Internal Medicine and Integrative Medicine. I focus on preventive and lifestyle medicine in my practice. Together we can make positive changes to your life!



Dr. Misuk Kim

I am board-certified in Obstetrics & Gynecology. I specialize in gynecology conditions and minimally invasive options.



Dr. Beverli Fontaine

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Friendship Heights
Village Center



Calendar
of Events 2020

J A N U A R Y						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Reminder: New day for MVA Bus</div> <div>The MVA Bus Service will switch to Tuesdays beginning this month. The bus will be in Friendship Heights on Tuesday, Jan. 28, from 10 a.m. to 2 p.m.</div>			<div>1</div> <div>2–3:30 p.m.: New Year’s Day Open House</div> <div>Shuttle runs from 1:30 to 4 p.m.</div>	<div>2</div> <div>8:15 a.m.: Walking Club</div> <div>7 p.m.: Movie: Abominable</div>	<div>3</div> <div>9:15 a.m.: Drop-In Tai Chi</div> <div>10:30 a.m.: Coffee and Current Events</div>	<div>4</div> <div>8:15 a.m.: Walking Club</div>
<div>5</div> <div>9:10 a.m.: Yoga</div> <div>9:30 a.m.–1 p.m.: Coffee and Sunday Papers</div>	<div>6</div> <div>9:30 a.m.: Tai Chi Intro.</div> <div>10 a.m.: Great Books</div> <div>12:30 p.m.: Bridge Club</div> <div>1 p.m.: Strength Training</div> <div>6:30 p.m.: Monday Night Bridge Club</div>	<div>7</div> <div>8:15 a.m.: Walking Club</div> <div>10 a.m.–12 p.m.: Village Playtime</div> <div>12–4 p.m.: Blood Pressure Screening</div> <div>1 p.m.: Balance and Fall Prevention</div> <div>1:30 p.m.: Painting for Everyone</div> <div>2–4 p.m.: Nurse Specialist</div> <div>3–4 p.m.: Tea</div> <div>6:30 p.m.: Pilates for Postural Strength</div>	<div>8</div> <div>9:30 a.m.: Tai Chi Ongoing</div> <div>10:15 a.m.–1 p.m.: County Mobile Commuter Store</div> <div>10:15 a.m.: Yiddish</div> <div>11 a.m.: Chair Exercise</div> <div>1 p.m. Suburban Lecture: Diets</div> <div>1 p.m.: All in the Eyes</div> <div>5:30 p.m.: Community Advisory Committee meeting</div> <div>7 p.m.: Concert: Amelia Ensemble</div>	<div>9</div> <div>8:15 a.m.: Walking Club</div> <div>10:30 a.m.: Chair Yoga and Meditation</div> <div>1–4 p.m.: Canasta</div> <div>7 p.m.–8:30 p.m.: Writing Your Lifestory</div> <div>7 p.m.: Movie: Judy</div>	<div>10</div> <div>9:15 a.m.: Drop-In Tai Chi</div> <div>10:30 a.m.: Balance, Movement and Memory</div> <div>10:30 a.m.: Coffee and Current Events</div> <div>11 a.m.: Natural Health</div>	<div>11</div> <div>8:15 a.m.: Walking Club</div> <div>9:30 a.m.: Downton Abbey Tea and Movie</div>
<div>12</div> <div>9:10 a.m.: Yoga</div> <div>9:30 a.m.–1 p.m.: Coffee and Sunday Papers</div> <div>11:30 a.m.–1 p.m.: Art Reception</div>	<div>13</div> <div>9:30 a.m.: Tai Chi Intro.</div> <div>10 a.m.: Great Books</div> <div>12:30 p.m.: Bridge Club</div> <div>1 p.m.: Strength Training</div> <div>6:30 p.m.: Monday Night Bridge Club</div> <div>7:30 p.m.: Friendship Heights Village Council Meeting</div>	<div>14</div> <div>8:15 a.m.: Walking Club</div> <div>10 a.m.: Music with Marsha Goodman-Wood</div> <div>12–4 p.m.: Blood Pressure Screening</div> <div>1 p.m.: Balance and Fall Prevention</div> <div>1:30 p.m.: Painting for Everyone</div> <div>2–4 p.m.: Nurse Specialist</div> <div>3–4 p.m.: Express Yourself</div> <div>3–4 p.m.: Tea</div> <div>6:30 p.m.: Pilates for Postural Strength</div>	<div>15</div> <div>9:30 a.m.: Tai Chi Ongoing</div> <div>10:15 a.m.–1 p.m.: County Mobile Commuter Store</div> <div>10:15 a.m.: Yiddish</div> <div>11 a.m.: Chair Exercise</div> <div>1 p.m.: All in the Eyes</div>	<div>16</div> <div>8:15 a.m.: Walking Club</div> <div>10:30 a.m.: Chair Yoga and Meditation</div> <div>1–4 p.m.: Canasta</div> <div>7 p.m.–8:30 p.m.: Writing Your Lifestory</div> <div>7 p.m.: Movie: Ad Astra</div>	<div>17</div> <div>9:15 a.m.: Drop-In Tai Chi</div> <div>10:30 a.m.: Balance, Movement and Memory</div> <div>10:30 a.m.: Coffee and Current Events</div> <div>11 a.m.: Natural Health</div>	<div>18</div> <div>8:15 a.m.: Walking Club</div> <div>12–1 p.m.: Lunchtime Lessons: Great Courses DVD: The Museums on the Mall and Washington Scandals</div>
<div>19</div> <div>9:30 a.m.–1 p.m.: Coffee and Sunday Papers</div>	<div>20</div> <div>10 a.m.: Great Books</div> <div>Martin Luther King, Jr. Day</div> <div>Center Closes at 2 p.m.</div> <div>Shuttle bus runs on weekend schedule</div>	<div>21</div> <div>8:15 a.m.: Walking Club</div> <div>10:30 a.m.: Tonya’s Tots and Seniors</div> <div>11 a.m.: Village Book Club</div> <div>12–4 p.m.: Blood Pressure Screening</div> <div>1 p.m.: Balance and Fall Prevention</div> <div>1:30 p.m.: Painting for Everyone</div> <div>2–4 p.m.: Nurse Specialist</div> <div>3–4 p.m.: Tea</div> <div>6:30 p.m.: Pilates for Postural Strength</div>	<div>22</div> <div>9:30 a.m.: Tai Chi Ongoing</div> <div>10:15 a.m.–1 p.m.: County Mobile Commuter Store</div> <div>10:15 a.m.: Yiddish</div> <div>11 a.m.: Chair Exercise</div> <div>1 p.m.: All in the Eyes</div> <div>5:30 p.m.: Program Advisory Committee meeting</div> <div>7 p.m.: Concert: Ellen James and Jody Marshall</div>	<div>23</div> <div>8:15 a.m.: Walking Club</div> <div>10:30 a.m.: Chair Yoga and Meditation</div> <div>11 a.m.: Still Life and Beyond</div> <div>1–4 p.m.: Canasta</div> <div>7 p.m.–8:30 p.m.: Writing Your Lifestory</div> <div>7 p.m.: Movie: Ophelia</div>	<div>24</div> <div>9:15 a.m.: Drop-In Tai Chi</div> <div>10:30 a.m.: Balance, Movement and Memory</div> <div>10:30 a.m.: Coffee and Current Events</div> <div>11 a.m.: Natural Health</div> <div>1 p.m.: Abstract Painting</div>	<div>25</div> <div>8:15 a.m.: Walking Club</div> <div>10 a.m.: Glaucoma Talk</div> <div>11:30 a.m.: Glaucoma Screenings</div>
<div>26</div> <div>9:10 a.m.: Yoga</div> <div>9:30 a.m.–1 p.m.: Coffee and Sunday Papers</div>	<div>27</div> <div>9 a.m.: Depart for National Aquarium in Baltimore</div> <div>9:30 a.m.: Tai Chi Intro.</div> <div>10 a.m.: Great Books</div> <div>12:30 p.m.: Bridge Club</div> <div>1 p.m.: Strength Training</div> <div>6:30 p.m.: Monday Night Bridge Club</div> <div>6:30–8:30 p.m.: Mountain Music Jam and Sing-Along</div>	<div>28</div> <div>8:15 a.m.: Walking Club</div> <div>10 a.m.–2 p.m.: MVA Mobile Office</div> <div>10 a.m.–12 p.m.: Village Playtime</div> <div>11 a.m.: Village Book Club</div> <div>1 p.m.: Balance and Fall Prevention</div> <div>1:30 p.m.: Painting for Everyone</div> <div>12–4 p.m.: Blood Pressure Screening</div> <div>2–4 p.m.: Nurse Specialist</div> <div>3–4 p.m.: Tea</div> <div>6:30 p.m.: Pilates for Postural Strength</div>	<div>29</div> <div>9:30 a.m.: Tai Chi Ongoing</div> <div>10:15 a.m.–1 p.m.: County Mobile Commuter Store</div> <div>10:15 a.m.: Yiddish</div> <div>11 a.m.: Chair Exercise</div> <div>1 p.m.: All in the Eyes</div> <div>7 p.m.: Concert: KIVA</div>	<div>30</div> <div>8:15 a.m.: Walking Club</div> <div>10:30 a.m.: Chair Yoga and Meditation</div> <div>11 a.m.: Still Life and Beyond</div> <div>1–4 p.m.: Canasta</div> <div>7 p.m.–8:30 p.m.: Writing Your Lifestory</div> <div>7 p.m.: Nick Glakas : FDR and Churchill</div>	<div>31</div> <div>9:15 a.m.: Drop-In Tai Chi</div> <div>10:30 a.m.: Balance, Movement and Memory</div> <div>10:30 a.m.: Coffee and Current Events</div> <div>11 a.m.: Natural Health</div> <div>1 p.m.: Abstract Painting</div> <div>1–2:30 p.m.: Friday Fiber Friends</div>	

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m

The mall museums and a scandalous tour highlight this month’s Lunchtime Lessons DVDs



Bring a bag lunch and learn about the fascinating history and culture of Washington, D.C., on **Saturday, Jan. 18, from 12 to 1 p.m.**

The Great Courses DVD collection offers 30-minute lectures by respected journalists, educators, and experts on a variety of topics.

The DVD program will feature Smithsonian Distinguished Scholar Richard Kurin presenting “Museums on the Mall: Smithsonian and Beyond” and “Washington, D.C.: City of Scandal.”

We’ll provide a drink and something sweet. Please call 301-656-2797 to RSVP.



CLASSES AND CLUBS

PLEASE SIGN UP AT THE VILLAGE CENTER AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF A MINIMUM NUMBER OF PARTICIPANTS IS NOT MET. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.

In the event a class is canceled, a make-up class will be held during the week following the last class of the session.

ART

ABSTRACT PAINTING

A 10-week class, taught by Joan Samworth, Fridays, 1 to 4 p.m., Jan. 24–March 27. \$200 for residents; \$215 for nonresidents. Participants must have prior painting experience. Sketchbook, acrylics and willingness to experiment are vital to this process. Please contact Joan at samworthjoan@gmail.com if new to this class. Class limit is 10.

ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., Jan. 8–Feb. 12. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents.

PAINTING FOR EVERYONE

A 6-week course for all skill levels, taught by Millie Shott, Tuesdays, 1:30 to 3:30 p.m., Jan. 7–Feb. 11. Designed to introduce students to the art of painting without the intimidation of rules and methods. Learn the art of color mixing and paint application on a variety of paper surfaces, and experiment with collage and paper textures, inks and glues. The cost is \$75 for residents; \$80 for nonresidents.

STILL LIFE AND BEYOND

A 10-week class, taught by Joan Samworth, Thursdays, 11 a.m. to 2:30 p.m., Jan. 23–March 27. \$200 for residents; \$215 for nonresidents. The class is based on drawing and painting the still life as its focus. The instructor will stress the elements of art, which are line, color, shape, value and texture. Composition and style are emphasized as each student strives to develop his or her own style. Bring your desired materials, bag lunch, sketch book and desire to explore new ways of seeing. No oils please. Questions? Email: samworthjoan@gmail.com.

SPANISH CONVERSATION

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts a Spanish conversation group on Thursdays, 4 to 5:30 p.m. Please note that no English will be spoken during the sessions. **Free.** Minimum of five participants; maximum of eight. Group will take a break until early February.

EXERCISE

BALANCE AND FALL PREVENTION

A 6-week class, Tuesdays, 1 to 1:50 p.m., Jan. 7–Feb. 11. The class will focus on simple exercises that improve overall balance. \$70 for residents; \$75 for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., Jan. 10–Feb. 14. Exercises are designed to target balance issues and physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. \$70 for residents; \$75 for nonresidents.

CHAIR EXERCISE

A 6-week class, Wednesdays, 11 to 11:50 a.m., Jan. 8–Feb. 12. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$70 for residents; \$75 for nonresidents.

DC TAI CHI (INTRODUCTION)

A 6-week class, Mondays, 9:30 to 10:30 a.m., Dec. 2–Jan. 13. Class will not meet Dec. 30. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit www.dctaichi.com for details.

DC TAI CHI (ONGOING)

A 6-week class, Wednesdays, 9:30 to 10:30 a.m., Dec. 11–Jan. 29. Taught by internationally recognized Master Nick Gracenin. Study the forms and

routines of traditional Tai Chi and enjoy non-competitive interactive partner work. Fundamental training is required; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit www.dctaichi.com for details.

PILATES FOR POSTURAL STRENGTH

A 6-week session, Tuesdays, 6:30 to 7:30 p.m., Jan. 7–Feb. 11. Pilates movements can enhance core stability by rebalancing muscles while reinforcing correct spinal alignment. The essence of the class consists of standing positions and mat work for beginners/intermediate levels and how to transition from those postures. Please check with your physician before registering to see if this class is appropriate for you. Ginger Russell is Pilates-certified and has been an instructor in several modalities for 20 years. \$85 for residents; \$90 for nonresidents. Please bring a yoga mat and bath towel. Props are included.

CHAIR YOGA & MEDITATION

A 6-week session, Thursdays, 10:30 to 11:45 a.m., Jan. 9–Feb. 13. In this class you will stretch, strengthen, and breathe through gentle yoga movements and leave centered after a guided meditation. You will be seated in a chair or use one for support. Experience the mental and physical benefits of yoga and meditation practice that a myriad of scientific studies have promoted for years. Incorporating a weekly yoga and meditation practice in your life can enhance your health, increase strength and flexibility, and reduce stress, depression and anxiety. Instructor Louisa Klein has more than 40 years experience teaching all ages. She is a member of the International Yoga Teachers Association (IYTA) and former Vice President of IYTA USA. \$70 for residents; \$75 for nonresidents.

STRENGTH TRAINING

A 6-week class, Mondays, 1 to 1:50 p.m., Jan. 6–Feb. 24. The class will not meet Jan. 20 nor Feb. 17. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$70 for residents; \$75 for nonresidents.

YOGA

A 6-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV's "Cherryblossom Yoga." Sundays, 9:10 to 10:30 a.m., Jan. 5–Feb. 16. Class will not meet Jan. 19. This session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a thick blanket or large towel and mat, and don't eat for two hours before class. \$78 for residents; \$90 for nonresidents.

WRITING AND MORE

WRITING YOUR LIFE STORIES

A 10-week class, taught by Barbara Rosenblatt, Thursdays, 7 to 8:30 p.m., Jan. 9–March 12. Learn how to write a meaningful, interesting memoir. Instructor uses childhood memories, interviewing techniques, exploration of varied writing, in-class prompts, and discussion. \$165 for residents; \$180 for nonresidents. A minimum of six students.

PRINCIPLES OF NATURAL HEALTH

A 5-week session, Fridays, 11 a.m. to 12 p.m., Jan. 10–Feb. 7. Learn the general principles of health for everyone; varied approaches and treatments for different age groups; individual treatment for those with specific health conditions; ways to address chronic disorders, including digestive, sleep, energy and pain issues; and fine tuning individual physiological differences. Taught by natural health consultant Sandra Danu. \$5

for residents; \$10 for nonresidents.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays, 12 to 4 p.m. The nurse is also available for consultations, Tuesdays, 2 to 4 p.m.

CANASTA

An informal group plays canasta on Thursdays, 1 to 4 p.m. All levels are welcome. If interested, call Beryl Blecher at 561-908-4201.

CHESS

An informal group plays chess on Wednesdays, 12 to 2:30 p.m. All levels are welcome. Call Greg Drury at 202-674-8102 for more information.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets Fridays, 10:30 a.m. to 12 p.m. Led by group members.

DROP-IN TAI CHI

Student-led sessions, Fridays, 9:15 to 10:15 a.m. Cost is \$3 per class.

EXPRESS YOURSELF

An aphasia support group, formerly known as Speech Therapy, is facilitated by Susan Wranik, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia, who need help with communication. Meets on the second Tuesday of each month from 3 to 4 p.m.

FRIDAY FIBER FRIENDS

Gather with other knitters, crocheters, weavers, and other fiber enthusiasts on Fridays, from 1 to 2:30 p.m. Call Joan Lewis at 301-654-7415.

Continued on page 14, see Classes

CONCERTS

Concerts are held every Wednesday from 7 to 8 p.m. in Huntley Hall at the Village Center.

Wednesday, Jan. 8—The Amelia Ensemble — These musicians have performed in the Washington, D.C., area for more than 12 years. The trio includes Amy Thomas on flute, Marion Baker playing the cello, and Virginia Lum on the piano. For this concert, the Amelia Ensemble will perform the works of Claude Debussy, Carl Maria von Weber, and Phillipe Gaubert, among others.

Wednesday, Jan. 22—Jody Marshall and Ellen James—Hammered dulcimer artist Jody Marshall and harpist Ellen James have been performing separately as soloists and together as a duo for several years. Much of their music is Celtic, and many of the songs have been written and/or arranged by Marshall. She has performed in diverse venues, including the Kennedy Center, the Smithsonian, the Folger Shakespeare Library and the White House.

Wednesday, Jan. 29—KIVA— For 30 years, the musicians in this ensemble have been entertaining and enthralling audiences with percussive, acoustic, worldbeat music that celebrates the magic of nature in ancient bardic traditions.

Using mythological stories and images, KIVA weaves a rainbow tapestry of ancient cultures and natural imagery into energizing mystical folk music for all ages. The band is characterized by strong harmonies and rich, diverse acoustic and electric instrumentation. Musicians perform original and traditional songs, as well as covers.

They are inspired by many cultures, spiritual disciplines and musical styles, including Celtic-folk, folk rock, blues, big band, traditional and jazz music. KIVA has been nominated 14 times for a Washington Area Music Award (WAMMIE).



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TO YOUR HEALTH

Demystifying the latest diets

Global, Keto Mediterranean, Paleo. It seems like there is a diet for every letter of the alphabet.

Learn about the latest diet trends during this month's Suburban Lecture on **Wednesday, Jan. 8, from 1 to 2 p.m.**, at the Village Center. Clinical Dietitian Dennett Beaulieu will review the benefits and possible downsides of the latest diet trends and set the record straight on how to eat a well-balanced diet while maintaining a healthy weight.

The lecture is free, but please call the Village Center at 301-656-2797 to let us know if you plan to attend.



Glaucoma expert Schwartz to discuss advances in treatment

In celebration of January as Glaucoma Awareness Month, Arthur Schwartz, M.D., a nationally recognized expert on glaucoma, will speak at the Friendship Heights Village Center on **Saturday, Jan. 25, at 10 a.m.** Doors open at 9:30 a.m.

A pioneer of the use of laser technology in the treatment of glaucoma, colleagues have selected him as one of the top glaucoma specialists nationwide in the original publication "Best

Doctors in America."

In addition to his well-recognized clinical practice at Washington Eye Physicians and Surgeons, Dr. Schwartz has given more than 150 lectures, written more than 100 published articles, and authored eight book chapters dealing with glaucoma.

He served as a principal investigator for multiple National Institutes of Health studies and numerous other related studies. Dr. Schwartz is also

a clinical professor at Georgetown University School of Medicine, and the Chief of Glaucoma Services at both MedStar Washington Hospital Center and MedStar Georgetown University Hospital.

Come hear Dr. Schwartz discuss current information to protect your sight, cutting-edge research and upcoming advances. After the program, have your eyes checked for glaucoma!

Prevention of Blindness Society of Metropolitan Washington will be providing free glaucoma screenings on Jan. 25, from 11:30 a.m. to 1:30 p.m., at the Village Center.

Start the year off right with a natural approach to your health

Sandra Danu, a natural health consultant and Village resident will teach a five-week course on the topic beginning in January. At only \$5 for the five-week course, it's one of the best deals around.

The course begins **Friday, Jan. 10, from 11 a.m. to 12 p.m.**, and continues each Friday through Feb. 6. During the five-week session, the course will cover the general principles of health for everyone; varied approaches and treatments for different age groups; individual treatment for those with specific health conditions or living arrangements; ways to address chronic disorders including digestive, sleep, energy and pain issues; and fine tuning to individual physiological differences.

Danu has a pre-med degree from Smith College and a naturopath's doctorate from Clayton College of Natural Health.

Sign up at the Village Center.



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Classes, continued from page 11

GREAT BOOKS GROUP

Book lovers participate in lively discussions about books usually taken from the Great Books series. Meets Mondays, 10 to 11:45 a.m. Call Jean McNelis at 301-656-6695.

MONDAY EVENING BRIDGE

A bridge group meets on Mondays, 6:30–8:30 p.m. Its purpose is to improve players' skills. Each session involves a lesson on bidding or play, followed by actual bidding and play of pre-dealt hands. All necessary supplies are provided. Totally free. Reservations are not necessary; just show up with your brain. For further information, contact Jim Metzger, jmetzger1942@gmail.com, 301-502-9419.

TEA

Village volunteers serve hot beverages, cookies, assorted pastries, and fruit on Tuesdays, 3 to 4 p.m.

TONYA'S TOTS AND SENIORS

Exercise instructor Tonya Walton brings toddlers together with senior citizens for a morning of fitness and fun on the third Tuesday of the month from 10:30 to 11:30 a.m. All children must be accompanied by a parent or caregiver.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. See page 4 for details.

VILLAGE BRIDGE CLUB

The bridge club meets Mondays, 12:30 to 3:30 p.m. Village residents are encouraged to drop in. Cards will be supplied.

VILLAGE PLAY TIME

Toys are set out at the Village Center most Tuesdays, 10 a.m.

Put a little music in your Monday this month

Try your hand at music during our monthly Mountain Music Jam on **Monday, Jan. 27, from 6:30 to 8:30 p.m., at the Village Center.**

This informal music gathering invites you to jump right into the jam if you know basic chords in different keys. Guitars, banjos, mandolins, violins, dobros and harmonicas—they're all welcome. Or just come to listen, sing along and enjoy as the musicians gather to make great sounds together. Whether you're picking with the musicians or just listening, it promises to be a fun evening.

For details, call the Village Center at 301-656-2797. The event is free.

to 12 p.m. Children must be accompanied by a caregiver over age 13. Marsha Goodman-Wood performs music from 10 to 11 a.m. on the second Tuesday of the month.

WALKING CLUB

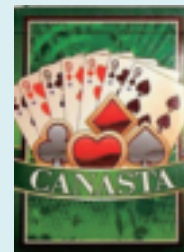
Leaves the Center Tuesdays, Thursdays and Saturdays at 8:15 a.m. for a walk through a nearby neighborhood. Call Eniko Basa at 301-657-4759 or Helen Davis at 301-718-6340.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Call Maurice Singer at 202-362-0883 for details.

Canasta anyone?

Are you interested in playing or learning to play Canasta? This card game, similar to Rummy, features two decks of cards and lots of fun! An informal group is tentatively scheduled to meet on Thursdays, from 1 to 4 p.m., starting Jan. 9, at the Village Center. If interested, call Beryl Blecher at 561-908-4201.



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What messages are your lips sending about you?

Just in time for Valentine's Day, certified lipsologist Ariana Lightningstorm (aka Anna Snodgrass) will entertain us with lip print readings at the Village Center on **Saturday, Feb. 8, from 11 a.m. to 12 p.m.**

Using kiss cards, Ariana will collect the lip prints of guests at her "kissing station" and then will interpret select lip prints with humor and skill. Whether you're having your lip print read, or just listening to Ariana's interpretations, it promises to be a fun and entertaining afternoon.

Ariana, whom many will recognize as a long-time fortune teller at our July 4th celebrations, is one of only nine certified lipsologists worldwide.

This event is free, but please call the Village Center at 301-656-2797 if you plan to attend.

Get your fiber fix!

Fiber enthusiasts, ranging from knitting and crocheting to weaving and needle-point, are invited to bring current projects, ideas for future projects, or any questions related to fiber and fiber arts on

Fridays, beginning **Friday, Jan. 31, from 1 to 2:30 p.m.**

For information, call Joan Lewis at 301-654-7415.



Friendship Heights

VILLAGE NEWS

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January 2020 events calendar